**RESEARCH**

**PAPER**

**TOPIC:**

**STRESS**

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**Question1: What are the causes of stress in your work?**

**Answer: Causes of stress in my work are the following:**

* **Meeting of targets/budget being imposed by the management.**
* **Concerns regarding operations and client servicing.**
* **Problems brought about by subordinates in connection with inter-personal relationships.**

**Question2: When you are stressed out, do you notice changes in you physically and mentally?**

**Answer: Yes, I do. Normally I notice physical reactions such as headaches, backaches, tiredness and restlessness. Sometimes I even get sleep problems. I even get mentally drained and have inability to concentrate.**

**Question3: Stress is one of the things that occur in jobs. How do you avoid the factors causing stress?**

**Answer: I try to enjoy my job as much as possible. I can not only accept the factors causing stress but I can also perform well in my field of work.**

**Question4: What do you usually do to recover from the stress that you are experiencing now?**

**Answer: I relax myself once in awhile. Getting goodnight sleeps and enjoying life without thinking too many problems can help you get through from a week’s long work.**

**Question5: When you are stressed out in your job, do you usually get easily irritated or do not even mingle with your co-workers? How do you avoid these conflicts?**

**Answer: Well… When I get really stressed out, I try not to get very moody or irritated towards the people I am working with especially when we are in the same company. It is wiser for me to mingle and cooperate with them regarding the state I am in for the welfare of the company.**

**Conclusion:**

**I can infer that when one is in a job, stress is directly inevitable. It may be negative or positive but it is one of the things that complete a life inside the office. No matter how it affects you, stress just usually come and go so it is better for us to accommodate with it so that situations would not get more complicated.**